

Group Exercise Schedule - Summer

(Revised 6/1/17)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.						
7:30 a.m.		Zumba Toning (Kathy)				
8:00 a.m.		Circuit (Jadene)		Circuit (Jadene)		
8:30 a.m.	Hi-Low Balance (Jadene) Spin & Abs (Debbie)	Step (Lindsey)	Strength/Bosu (Jadene) Spin & Core (Debbie)	Zumba (Wendy)	High/Low (Lindsey) Spinning (Daniel)	Zumba Toning (Kathy)
9:00 a.m.	*Chair Yoga - Marla (30 min.)	Stretching - 30 min. (Jadene)		Stretching - 30 min. (Jadene)		
9:30 a.m.	Yoga (upstairs area, Bridget)	Mat Pilates (Brenda)	Yoga (Bridget, Upstairs area) *Zumba Gold (Kathy)	Mat Pilates (Brenda, upstairs area)	Yoga (Bridget, upstairs area) *Zumba Gold (Kathy)	Yoga/Pilates (Bridget, Brenda, Marla)
11:00 a.m.	Tai Chi (Mike)		Tai Chi (Mike, 11:30)			
4:30 p.m.	Dynamic Tone & Cardio - Megan		Strong (Megan)	Oula Power - (Diane)		
5:30 p.m.	Basic Yoga/Pilates (Hillery)	Intermediate Yoga (Hillery)	Mat pilates (Brenda)	Yoga Flow (Marla)		
6:00 p.m.						
7:00 p.m.			Tai Chi (Mike)			

• These classes are endorsed by Silver & Fit.

* Starts June 19.